

Pinehold Gardens Field Notes

Vol. 17 No. 15, Week 13

October 5, 2011

In This Box

- Gypsy broccoli
- Alcosa savoy cabbage
- Red beets with greens
- Carnival squash
- German Butterball & French Fingerling potatoes
- Tomatillo salsa bag
- Estiva or Big Beef tomato
- Spinach for some dropsites

Next Week?

- Purple top turnips
- Potatoes
- Winter squash
- Onion
- Kale
- Red peppers
- Spinach for some
- Broccoli?

A DAY IN THE LIFE

This Saturday we will be traveling to Antigo, Wisconsin, to attend the wedding our friend Brian Igl. We met Brian over 10 years ago at one of the first organic farming conferences that we went to. He, along with his brother Brad and father Tom, own Igl Farms, an organic potato farm, an island in the sea of conventional potato farms in Wisconsin's sand country.

I've told so many people that often you will meet someone at the organic conference or at the Renewable Energy Fair and you feel that even if you only see them once a year, they are friends and they would welcome you into their home if you were

in the neighborhood. Brian is one of those people and he has welcomed us at his home and now at one of the most important events in his life.

We have also kept in touch with Brian because Igl Farms is the supplier of the russet baking potatoes in our end of season CSA box.

His New York bride's perspective of Wisconsin can be viewed on their website with items such as you know you are in Wisconsin when: your snow blower gets stuck on your roof; you install security lights on your garage and house, but leave your house unlocked; and dress attire is blue jeans and a flannel shirt.

It is a wedding we didn't want to miss and we are grateful that some of our worker shares, family members and volunteers are able to hold down the fort at our South Shore Market stand for us. The on farm market most likely will be closed. Check the website on Friday to be sure.

FIELD NOTES

What a difference a week makes. We went from five days of rainy, cloudy, cold weather and our second morning of heavy frost to this gorgeous week of sun and warmth.

We have many long days ahead of us and we need take advantage of this opportunity and harvest the rest of the potatoes and our sweet potatoes

David also has to make raised beds so we can start the month long process of planting and mulching our garlic crop.

BOX NOTES

The inside of our cooler looks beautiful. It is packed full with fluffy heads of cabbage. Rather than trim the outer leaves from the cabbages, we left them on so everyone could try their hand at making cabbage rolls. Jack Bishop author of one of our favorite cookbooks, *Vegetables Every Day*, says that green cabbage is bland and crunchy, which makes it ideal for coleslaw but savoy cabbage has a sweeter, nuttier flavor that becomes more pronounced when cooked. Some of the heads are slightly split from last week's rain.

The Carnival squash is similar to an acorn squash, but we think sweeter.

Fall spinach, while not as stupendous as winter spinach, which has frozen and thawed multiple times, is really tasty. The frosts and the cool nights make it thick and sweet. We will be harvesting for the next three weeks and sending it out to some dropsites each week.

Beets are another crop that loves to grow in the fall. Insect and disease pressure is much lower so the greens are beautiful and edible. Sauté like you would any green. A favorite salad of ours is roasted beet slices, goat cheese, walnuts and apples with a red wine/balsamic vinegarette over sautéed beet greens. To store separate the greens from the beets and store each separately in sealed plastic bags.

The name German butterball is very fitting for this fluffy, buttery yellow potato. The French Fingerling has a

waxier texture and will hold up well in soups and stews. Both varieties should have sized up more, but the lack of rain in July and August really limited the growth of our late season potatoes as they were setting potatoes just as it stopped raining and the amount of irrigation that we were able to provide, just wasn't enough. We harvested 275 pounds of German Butterballs from two beds. One bed of the early, fast growing potatoes yielded 775 pounds.

Enough tomatillos for a delivery finally matured. I looked it up on line and they do not set fruit in hot weather so very little fruit set until this Fall. Picking them is one of the most tedious farm tasks. As tomatillos grow, they develop the husk first and the fruit inside second. So each husk has to be looked at and / or felt to see if the fruit has developed. Plus the plants grow like sprawling vining weeds that you have to step around, over and through to pick. Maybe next year tomatillos will become a upick option.

EXTRA GARLIC

We offered extra garlic to our members a while back, but unfortunately it coincided with our computer and email problems. We will be delivering garlic one or two more times, but would be glad to send some extra heads to those who would like some. Please email us to order. A bag with your name on it will be left at your dropsite by the check off list.

Cabbage Galette

1/2 head Savoy cabbage, cored, and roughly chopped	Bunch of parsley, finely chopped
2 Tbsp. olive oil	3 garlic cloves, chopped
7 oz. slab bacon, cubed (or regular bacon, stacked and cut)	Salt, to taste
2 large eggs	Freshly ground black pepper, to taste
1 small onion, finely diced	1 cup milk
	1 1/2 cups all-purpose flour

Heat oven to 350 degrees. Steam cabbage for 3 min. over boiling water. Smear a pie dish with olive oil and heat it in the oven. In a large bowl, mix bacon, eggs, onions, parsley, garlic, salt, and pepper. Add the milk and flour, and mix into a smooth dough. Remove hot pie dish from oven. Spread half the dough over base of dish, pile on the cabbage and pack it down with your hands, and cover with remaining dough. Bake for 35 min. until golden and firm. Serves 6

Miso-Curry Carnival Squash

12 oz. carnival squash, peeled	4 medium potatoes, unpeeled, cut into chunks
1/4 cup olive oil	2 Tbsp. lemon juice
Scant 1/4 cup white miso	1 1/2 cup turnip greens, chopped
Scant Tbsp. red curry paste	1/3 cup pumpkin seeds, toasted
8 oz. extra firm tofu, cut into small cubes	2/3 cup chopped fresh cilantro

Preheat oven to 400 degrees with rack in middle. Cut squash in half and clear out seeds. Cut into 1/2-inch thick half-moons. In medium bowl, whisk olive oil, miso, and curry paste. Combine tofu, potatoes, and squash in a large bowl with 1/3 cup miso-curry paste. Use hands to toss well, then turn veggies onto a rimmed baking sheet and arrange in single layer. Roast for 25 - 30 min., until everything is tender and browned. Toss once or twice along the way, after starts to brown. Keep close watch because it can quickly burn. In meantime, whisk lemon juice into remaining miso-curry paste, then stir in the turnip greens until coated. Toss roasted vegetables gently with turnip greens, pumpkin seeds, and cilantro. Serve family style in a large bowl on on a platter. (If you'd prefer your turnip greens to be slightly cooked, saute briefly in oil in a skillet over medium-high heat.) Serves 4.

Sugared Beets

1 lb. beets	Salt
Butter	2 tsp. sugar (or to taste)

Cut off all but 1 inch of beet tops; do not pare or remove roots. Drop beets into enough boiling water to cover them, and cook, uncovered, until tender, about 30 min. to 1 hour, depending on size. Drain and drop in cold water for a minute or two to cool slightly, then slip off skins. Slice with an egg slicer or knife. Toss with butter and salt to taste, add sugar, reheat if necessary before serving.

To use Beet Greens: Wash (and pat/shake dry), chop, and saute with a little olive oil and salt. They are a nutritious replacement in any recipe calling for cooked spinach. Serves 3 to 4.

Roasted Tomatillo Salsa

(This is supplied by member and friend, Patricia Heim.)

1 small yellow onion, cut crosswise into 1/2 inch slices	1 medium poblano chile
Olive oil	1/4 cup whole fresh cilantro leaves
8 medium tomatillos (about 1/2 pound), rinsed and husked	1 medium garlic clove, crushed
	1/2 tsp dark brown sugar
	1/2 tsp kosher salt

Lightly brush or spray the onions on both sides with olive oil. Grill the onion slices, tomatillos and the poblano chile over direct heat until lightly charred all over, 6 to 8 minutes, turning once or twice. Move the onions and tomatillos to a blender or food processor. When the chile is cool enough to handle, remove and discard the stem, skin and seeds. Add the chile to the onions and tomatillos along with the remaining salsa ingredients. Blend until fairly smooth. Taste and adjust seasonings if necessary.